



Mended Hearts™
of Huntsville



The Beat Goes On

Volume 9, Issue 11
P. O. Box 18912, Huntsville, AL 35804-8912

November 2019
Dr. Fredonia B. Williams, Editor

*F*rom the president...



Dr. Tony Graham, Anesthesiologist for Huntsville Hospital, our October speaker provided a detailed surgery map from hospital bed through surgery and recovery to the unit. He informed us that the hospital currently has 4 anesthesiologists who do only cardiac procedures and are all board certified. The hospital has 2 groups of anesthesiologists; one for cardiac thoracic and the other for EP cases. We are fully aware that any surgery in one of these areas means that we are in excellent care and are carefully monitored throughout the entire procedure.



*The Mended Hearts fund raiser “Creating a World of Support” continues until December 3rd. We have collected \$1090 of our \$2500 goal and feel certain that our members are going to continue donating to this important fundraiser. If you prefer mailing a check to Mended Hearts 260, P O Box 18912, Huntsville AL 35804, please add: **chapter 260** so it is credited to our team page.*

We look forward to seeing you at our Thursday, November 21st meeting @ 6:30 PM to hear Dr. Emily McIntosh, DMD “Dental Hygiene and Impact on Heart Health”

Dr. Fredonia B. Williams, Chapter 260 Interim President



Thank you to all of the caregivers who work around the clock to keep us heart healthy doing all of the things it takes to ensure that we enjoy a better life.

During your loved one's stay in the hospital, reviewing the following tips might be helpful.

1. Speak with the hospital dietitian in charge of the patient's diet if there are questions about diet or specific foods.
2. Speak with the doctor about the patient's physical abilities and recommended exercise program if they have questions about physical abilities.
3. Visit the doctor with the patient for appointments. A list of questions for the doctor is always helpful.
4. Call the patient's doctor for advice on any questions about the patient's welfare. Remember, the doctor is working FOR the patient and wants to be kept informed of any possible problems.

Remember, you are rising to the demands and challenges of the caregiver role every day. Take advantage of tools that can help you stay on top of it all and help you restore some balance to your life. Thankfully, new caregiving tools can help lighten the load.

Unlock the Power of Medical Records

Information is power, and caregiver access to online patient medical records is getting easier and more powerful every day. With online patient portals you can get your loved one's health and insurance information how and when you need it. Join the millions of family caregivers who have already accessed their loved one's online medical records to improve care.

Master the Medications

One of your most important daily responsibilities as a caregiver is managing medications – making sure they are taken properly and on time, getting refills, and watching for side effects. Your loved one may have more than one illness and have to take several medications. Tech tools are an easy, safe way to track your loved one's meds and make caregiving a bit less stressful.

Unleash the Power of Apps

Caregiving is overwhelming and you simply can't do it all by yourself. Luckily, there are many apps and tools that can help caregivers do almost anything from A to Z such as checking your loved one's vital signs, locating them with GPS if they wander off, getting healthy eating plans at the touch of a button or connecting with caregiver support groups and online communities. Use apps to streamline your tasks so you can get a break and take a few minutes to recharge your own batteries.

When you are caring for a loved one, whether in the hospital or at home, caring for yourself is often your last priority. However, it is important to create a balance between caring for others and yourself. You may not feel that caring for yourself is a priority, but it is imperative that you try. The best gift you can give your loved one is to also care for yourself. Ways to do so include getting enough sleep, exercising regularly, eating well-balanced meals, asking for help and joining a support group which includes Mended Hearts support group that meets every 3rd Thursday at 6:30 PM.

We are grateful for our caregivers who make our lives easier every day. The Family Caregiver Alliance is shining the light on the importance of caring for caregivers, whether that means you're caring for yourself or playing a supporting role. Taking care of someone else too often means that you're not taking care of yourself. Sleep deprivation, poor eating habits and postponement or failure to make medical appointments are just a few of the ways caregivers fall short of taking care of their own health and well-being. Always remember when you prioritize your own needs, you're better able to care for those around you.



***“Celebration of the Heart: Mended Hearts Potluck Christmas Dinner”
(NO REGULAR DECEMBER MEETING)***

Thursday, December 5th @ 6:00

Dowdle Center (corner of Gallatin and Governors)

All members and families are invited.

Please bring your favorite dish

Come and enjoy fellowship and dinner.

Recognition

We recognize member birthdays and surgery dates referred to as Mendiversaries. Congratulations to everyone who is celebrating a heart procedure anniversary this month.

If we have your month listed incorrectly or you would prefer not to be listed, please notify the chapter president. If we are missing your celebration, let me know at 256.837.7354.

Celebrate!

November Birthdays

*Donnie Baldwin
Rhonda Johnston
John Sherrick
Donnette Smith
Sylvia Townsley*

November Mendiversaries

*Rhonda Johnston
Earla Lockhart
Kathy McFarland
John Phillips
John Sherrick
Toccara Simpson
Gary Stewart*



Get Well Wishes

We extend our get-well wishes to our members/readers who have been ill and we were unaware of it. They are also sent out to all the patients that we visit in the hospital. We will keep you in our thoughts.

Please call me at 256.837.7354 for notification.



window.

After talking to her about speeding, the officer said, "I see you are wearing your seat belt. Do you believe in wearing it at all times?" "Yes, I do, officer," she replied. "Well," asked the officer, "do you always do it up with it looped through your steering wheel?"

CHUCKLE FOR TODAY:

A lady who was speeding had an officer pull her to the side of the road. She didn't have her seat belt on so as soon as she stopped, she quickly slipped it on before the officer got to her



Donations to Mended Hearts are tax deductible. Donations may be mailed to Mended Hearts 260, P O Box 18912, Huntsville, AL 35804-8912. Please continue to support our efforts to visit and provide HeartGuides to patients and their families.



Mended Hearts, Inc. Resource Center
 1500 Dawson Road
 Albany, GA 31707
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS RENEWAL DATE _____

Name (Mr. /Mrs./Ms.) _____ Chapter/Group _____ Member-at-large _____

Address _____ Phone _____

City / ST / Zip _____ I want to be a MH support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFO: Race: Caucasian Black Asian Am. Indian Hispanic Other _____ Gender: Male Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship.

Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

____ Associate Member --- FREE

- * Can attend any chapter meeting for MH or MLH
- * Can join online communities
- * Can access Member Portal
- * Receives the National e-newsletter

____ Individual Member --- \$20 annual donation per person

- * All of the benefits of an Associate Member, PLUS
- * Membership Card
- * Car Decal – Select ____ MH or ____ MLH
- * One-time 5% off coupon for purchase from the MH store
- * One year annual subscription to Heartbeat magazine (\$30 value)

____ Bronze Member --- \$45 annual donation per person

- * All the benefits of a Full Individual Member, PLUS
- * Membership Pin
- * Choice of ____ Drawstring Backpack or ____ MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH Conference or Symposia

____ Silver Member --- \$100 annual donation per person

- * All the benefits of a Bronze Member, PLUS
- * A Stainless Steel Mended Hearts Travel Mug

____ Gold Member --- \$250 annual donation per person

- * All the benefits of a Silver Member, PLUS
- * A Red Fleece Blanket
- * 10% off registration of any National Conference or CHD Symposium

**____ Heart of Gold Lifetime Sponsor --- \$1500 donation
 A one-time donation per individual**

- * All the benefits of a Gold member FOR LIFE, PLUS
- * 15% off registration fees at National MH/MLH Conferences / Symposia
- * Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of

FAMILY MEMBERSHIP

For members of one household with one mailing address only

____ Family Membership --- \$40 annual donation

- * All of the benefits of an Associate Membership, PLUS
- * One year annual subscription to Heartbeat magazine (\$30 value)
- * Membership Cards for all members of the family
- * 2 Car Decals – Select ____ MH or ____ MLH
- * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

____ Bronze Family Membership --- \$75 annual donation

- * All the benefits of a Family Membership, PLUS
- * One Membership Pin per member
- * Choice of ____ Drawstring Backpack or ____ MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Family Members:

Spouse ____ Child ____ Heart Patient ____

Spouse ____ Child ____ Heart Patient ____

Spouse ____ Child ____ Heart Patient ____

Spouse ____ Child ____ Heart Patient ____

Note: National memberships are tax deductible less \$10.

PAYMENT INFORMATION:

Membership Level _____ \$ _____

Additional tax-deductible Donation to Mended Hearts Mended *Little* Hearts \$ _____

TOTAL \$ _____

Please make your check payable to **Mended Hearts, Inc.
 1500 Dawson Road
 Albany, GA 31707**

If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here. Please DO NOT send chapter dues to the Resource Center.

Chapter # 260 Annual Chapter Dues \$10.00

Additional Chapter Donation Amount \$ _____

TOTAL Paid to Chapter \$ _____

**Check payable to: MH 260
 Mail to: P O Box 18912, Huntsville, AL 35804-8912**

Your last issue??

If you are a member, the national office will send you a renewal notice three months in advance of your due date. You will receive the newsletter for a few extra months while you consider renewing.

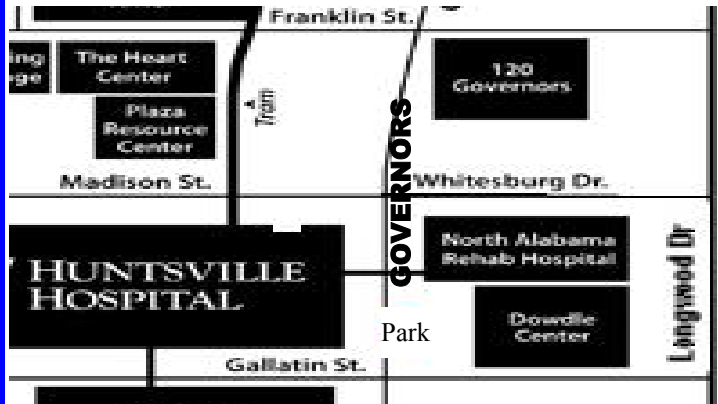
If we visited you in the hospital, we will send you the newsletter for three months while you recover.

Whether or not you are a member, you and your family are invited to attend our meetings, where you can meet others who share your experience. Programs are selected to be of interest to heart patients.

Members receive this newsletter each month. There is an application form with this newsletter.



We meet at the Dowdle Center on the corner of Gallatin and Governors.



The Mended Hearts, Inc The Beat Goes On Huntsville Chapter 260



Volunteer Services

101 Sivley Road • Huntsville, AL 35801